

VT MUNCH TIMES

Coming to a Tray near You!

VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!

Munch on this:

Policy Update: 100% Whole Grain-Rich begins in SY 2014-2015

Since 2012, whole grain-rich foods have been required to make up half the grains served throughout the week. This has been a transition period to prepare for the upcoming school year, where ALL the grains offered in the National School Breakfast and School Lunch Programs will need to be whole grain-rich.

What is *whole grain-rich*?

- From [USDA Memo SP30-2012](#), whole grain-rich products must contain at least 50-percent whole-grains and the remaining grain, if any, must be enriched.

A few ways to start to get ready for this change:

- Check ALL your grain labels (look at the **Ingredients List**)
 - The first ingredient shouldn't be anything except 1.) a whole grain or 2.) water followed directly by a whole grain. (Enriched wheat flour as the first ingredient means that the product is NOT whole grain-rich.)
 - For products with a blend of multiple different whole grain and non-whole grain flours, you must get a CN label or Product Formulation Statement from the manufacturer to ensure that whole grains make up more than 50% of the grains.
- Make sure you're using brown rice and try other whole grains, like barley, wheat berries, and quinoa.
- In scratch-baked products be sure the recipes specify that the weight of whole grain flours exceed the weight of the enriched flours.
- Be sure to check that the products being delivered are the products you've specified and ordered.

For more detailed information, click the link above to the USDA Memo.

Nutrition News: Folate: a B Vitamin

Naturally occurring in dark leafy greens, dried beans and legumes, and citrus fruits, folate is a vitamin that plays an important role in tissue growth and cell function and in helping the body break down, use, and create new proteins. Folate is water soluble and doesn't store in the body, which means we need a constant supply in the diet. Many grain and bread products are fortified with folic acid, a synthetic form of folate, to help ensure that we consume enough of this vital nutrient. Folate is especially important for women who are pregnant or who are planning to become pregnant, as it reduces the risk of certain birth defects (spina bifida and anencephaly), and helps with proper growth of the fetus.

Trainings & Events:

SNA-VT Regional Trainings

Hands-On, Culinary Arts Workshops for School Food Professionals

Do you want to hone your knife skills? Are you eager to learn how to cook from scratch using fresh, whole foods? Do you wonder how to spice up recipes without turning off kids? These workshops are for you! The School Nutrition Association of Vermont is partnering with Vermont Food Education Every Day (VT FEED) and the New England Culinary Institute to offer 5 Regional Trainings in February and March. Workshops are conveniently located, inexpensive, and qualify for 3 hours of SNA Certification Credits.

Registration is now open and closes FEBRUARY 19, 2014. Don't delay! Visit www.snavt.org to sign up today!

Integrated Learning – A Food System Approach

A Course for Grade 7-12 Teachers

Service Learning has the potential to increase student engagement, and therefore achievement, by bringing relevance and rigor to your lessons. Why stop there? The complex nature of most authentic learning experiences provides many opportunities to further enhance student learning through cross-curricular connections. This course will provide teachers and prospective teachers the support and training necessary to create engaging, experiential units in their respective discipline, using the food system and the concept of sustainability as a vehicle for curricular integration. The class meets at Montpelier High School. There is no charge unless you want Saint Michael's College credit (1 credit=\$110).

Contact: Tom Sabo, 802-522-3586, toms@mpsvt.org

Save the Date! Tri-State Child Nutrition Conference

When: April 10, 2014

Where: Killington Resort, Vermont

Child Nutrition Programs of Maine, New Hampshire and Vermont are teaming together to present a day long training event with some Child Nutrition Programs experts. The day-long conference will include three sessions of workshops as well as a keynote presentation by Scott Noyes. Workshop sessions will cover School Nutrition, Child & Adult Care, FFVP, Summer Food Service Program, USDA Foods and more. More information to follow.

Farm-To-School Professional Development Course for Educators

Register now! Farm to School Curriculum Connections is a level II course being offered by VT FEED in partnership with Food Connects and Upper Valley Farm to School. The course will be run

simultaneously in two locations--Sharon and Brattleboro--on select Tuesdays and Thursdays from 4:30 to 7:30 PM starting in January. The cost is \$400 (or \$515 with graduate credit).

Learn more and register at www.uvfts.org/pd

Contact: Kaitlin Haskins of Upper Valley Farm to School at kaitlin@uvfts.org or 269-217-5338

USDA Farm to School Webinars

Two webinars each month will be offered to showcase the variety of ways school districts can purchase local foods.

The second and fourth Thursdays of the month at 2:00pm.

Upcoming schedule:

- Finding Local Producers – February 13
- Using the Informal Procurement Method – February 27
- Using Specifications to Target Local Products – March 13
- Working with Distributors – March 27

To register, please click [here](#).

Resources:

Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):

February's *Harvest of the Month* is whole grains! Whole grains have deeply influenced the history and evolution of human civilization and have origins throughout the world. Whole grains are members of the true grass family, Poaceae. When eating a whole grain, you are receiving the greatest nutritional value. Look beyond breads to enjoy a spectrum of whole grains: wheat berry salad, popcorn with olive oil, fresh garlic and salt, rice and beans or oat-based granola!

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org.

New School Cuisine Cookbook

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf

Serving Up a School Culture of Health, Wellness, and Nutrition

Promising Practices that provide lessons learned and recommendations for how to create a school culture that values the important role healthy food, nutrition education and physical activity play in education.

http://education.vermont.gov/documents/EDU-School_Nutrition_Serving_Up_School_Culture.pdf

Food Allergies Resource and Guidance

The CDC published a comprehensive manual on “Voluntary Guidelines to Manage Food Allergies in Schools and Early Childhood Care and Education Programs” and can be found at

<http://www.cdc.gov/healthyyouth/foodallergies/>. It provides excellent information on procedures and practices to manage food allergies in programs that service children.

Free, Online, College-level Courses in Food and Nutrition (and other subjects)

Available at [Coursera](#) and [EdX](#).

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

State School Health Policy Matrix

A guide to state-level school health policies for competitive foods and beverages, physical education and physical activity, and administration of medication in the school environment. It outlines relevant state-level policies for each of these areas, including a direct link to the policy, and it indicates which political entity or agency adopted the policy or issued guidance. <https://chronicdisease.site-ym.com/?SchoolHealthPubs>

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VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dani Bois, Child Nutrition Consultant, at (802) 828-0618 or dani.bois@state.vt.us.

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